

HEALTH

Six Ways to Beat Fatigue

We have all occasionally hit that midday slump. But if this is a regular occurrence for you, or if you feel tired most of the day, it's time to take action. Our stressful, hectic lives can run us down. These nutrition and lifestyle tips will help you start your day with more energy and better health.

1. Eat breakfast

There is truth to this childhood message. Eating a meal in the morning helps fuel your day. Eat a balanced breakfast that contains protein, carbohydrates and a bit of fat. Whole grain toast with peanut butter, sliced kiwis and canned peaches would make a great morning meal.

2. Get a good night's rest

Experts say we need a full eight hours of sleep to feel our best. Set regular times for sleeping and waking to establish a sound sleep pattern.

3. Eat well

Eat healthy meals to avoid dips in energy level. Another strategy is to eat smaller meals and have a snack mid-morning and mid-afternoon. Fruits, veggies, whole grain crackers with hummus and other plant-based foods can help keep your energy up throughout the day. Finally, eat enough. Diets that don't provide adequate calories can leave you tired.

4. Get moving

When you are out of energy, exercise is probably the last thing on your mind. However, physical activity actually reinvigorates.

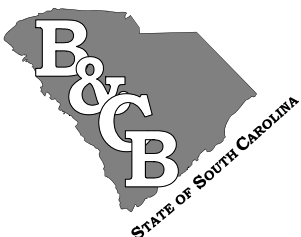
5. Relax

Fatigue sometimes may be a sign of stress. Find effective ways to handle stress like deep breathing, drawing, reading or getting a massage.

6. Don't overindulge

Drinking alcohol can interrupt nighttime sleep. If you do drink, use common sense and practice moderation.

Note: If you frequently feel tired, consult your family physician. Constant fatigue can be a sign of illness.



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